

A place for...

Health and Wellbeing Therapies

Health and Wellbeing therapies can improve both mental and physical health, and are suitable for a diverse range of conditions including Multiple Sclerosis (MS) and other neurological conditions.

A choice of therapies are available at the Merlin MS Centre, all of which can provide a variety of health benefits.

Benefits include promoting improved circulation and lymphatic drainage as well as easing joint and muscular tension. Such therapies can also help alleviate stress, restore personal confidence and provide relaxation and “me” time.



Charity No. 1093691



Merlin
MS Centre

The therapies provided include:

Therapeutic Massage

Sports Massage

Soft Tissue Massage

Reflexology

Indian Head Massage

Aromatherapy Massage

Bowen Technique

Reiki

Homeopathy

Life Coaching



For information on individual therapies and therapists please see our timetable. Or visit the website www.merlinmscentre.org.uk



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